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REEL INSPIRATION
KINGSLEY PLAYS ONE OF SILENT CINEMA'S GREATS {page 10}

NO COMMENT
RACHEL WEISZ'S LIPS ARE SEALED ON MARRIED LIFE {page 13}

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Occupiers hit courthouse

Occupy Vancouver sets up new camp a block away after deadline to take down tent city at VAG Protesters argue the site is province-owned so it's not subject to city's injunction

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▶ Members of the Occupy Vancouver movement carry some of their structures from the Vancouver Art Gallery to their new encampment site at Robson Square, next to the B.C. Supreme Court.

"Dome, sweet dome."

That's how Occupy Vancouver's Jordan (Aleister) Malcolm described the group's new encampment site.

Shortly after the court-ordered 2 p.m. deadline yesterday to dismantle the tent city, protesters marched through downtown streets, carrying several geodesic domes and tents from the Vancouver Art Gallery, and set up camp at Robson Square next to the Vancouver Law Courts.

"I'm very happy that we picked this spot," Malcolm said. "It really makes the biggest statement we could make, because the Supreme Court of B.C. is (the one) who ordered the injunction, condoned it and violated human rights and freedoms. Now we're going to be on their doorstep and bringing it to them every single day."

Several protesters immediately began erecting tents, while others streamed back to the VAG to grab more tents and supplies.

Earlier, occupiers were loading wooden structures onto a big moving truck parked at the VAG lawn, dismantling tents and rolling up tarps that had been set up since Oct. 15.

At an early-morning press conference, occupier Suresh Fernando vowed the Occupy movement will continue in a second phase, which will include "flash occupations" at SkyTrain stations, buildings and parks throughout the city.

The group will also continue to hold general assemblies every night at 7 p.m. at the art gallery, he added.

Protester Eric Hamilton-Smith also challenged the federal, provincial and municipal governments to match the services the protesters have been providing to the community.

"While we pursued our political goals, we ended up housing, feeding, caring for and socializing people that the current system has failed," Hamilton-Smith said.

He claimed the occupation has provided 1,000 meals per day, served 100 patients per day through its medical tent, and housed at least 30 homeless people as part of a "micro-community."

Missing Women Inquiry

Report slams top brass

VPD leadership failure stalled Pickton case, inquiry hears {page 4}

The Kid is all right

Crosby in fine form in season debut {page 24}

Mayor sees clear sailing at Grey Cup

Robertson doesn't anticipate repeat of June riot {page 3}

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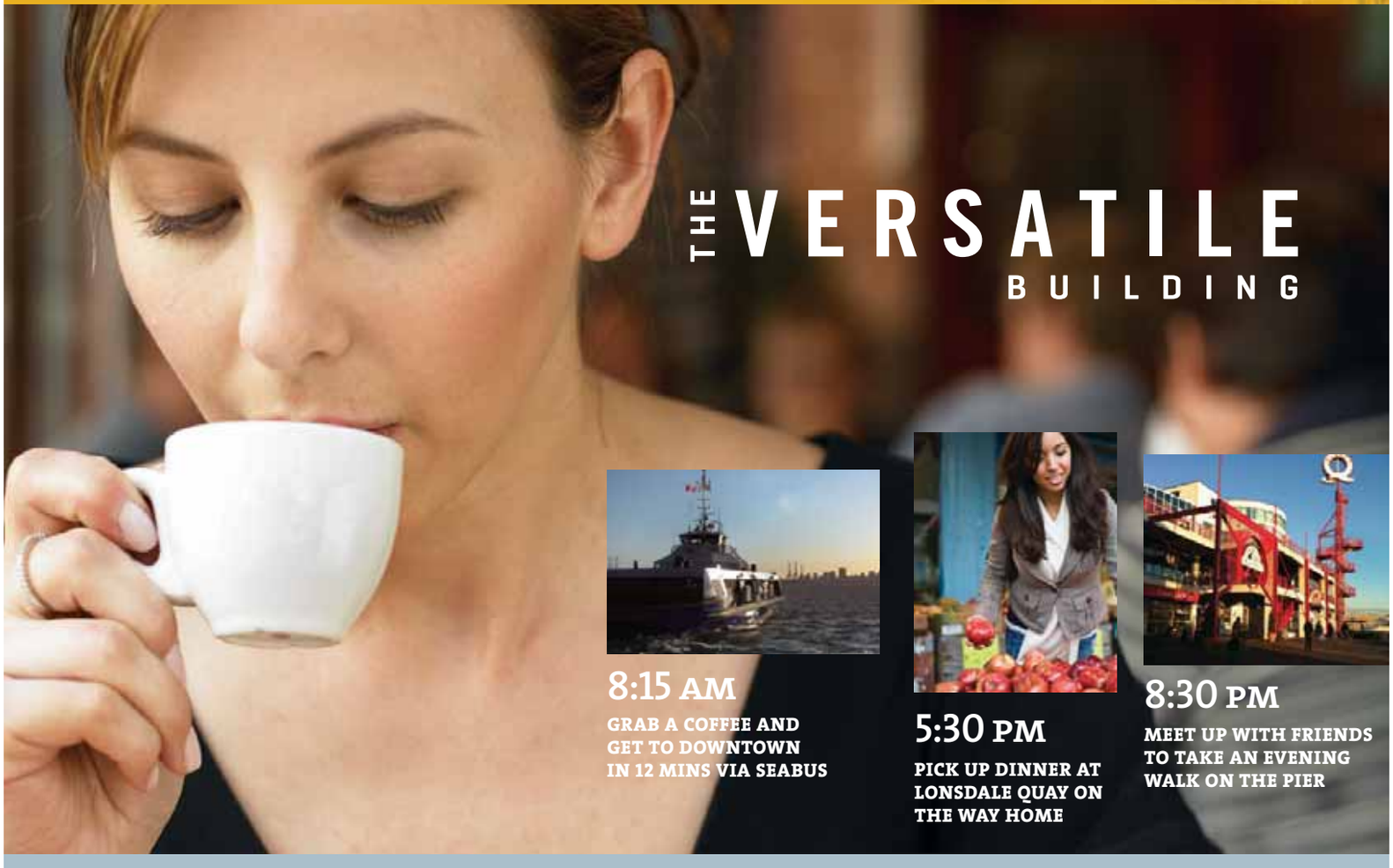

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Transit report not bold enough: Surrey MLA

Surrey needs to increase the efficiency of its transit infrastructure through HOV lanes, queue-jumper lanes and bus-priority intersections, according to a report released by the Surrey Downtown Business Association yesterday.

The report, titled Leveling the Playing Field: Improving Public Transportation Infrastructure in Surrey, B.C., says making Surrey's existing transit more efficient would reduce the cost of new services.

Surrey has seen a population growth of 14 per cent since 2006 but has one of the lowest transit service hours per capita in the Lower Mainland.

The report also recommends that the city seek money to fund the remaining items of TransLink's South of the Fraser Transit Plan (which includes more than 600 additional new buses) and support a $100 increase in the vehicle fuel efficiency fee.

Harry Bains, MLA for Surrey-Newton and transportation and infrastructure critic, believes a combination of light rail and increased buses are necessary to meet commuters' needs.

"We need a proper public-transit approach that connects all the town centres with light rail," he said. "It has to be a fairly complex transport system. It's not just buses that are needed."

KENDRA WONG

JEFF HODSON/METRO FILE

▶ The Flame entertains crowds outside BC Place during the 2005 Grey Cup Festival.

Re-elected mayor casts aside Grey Cup worries

Robertson addresses the media, playing down fears of another riot

MATT KIELTYKA
@METRONEWS.CA

Vancouver's re-elected mayor says he's not concerned about the possibility of another riot if the B.C. Lions lose the Grey Cup game on Sunday.

Gregor Robertson addressed media for the first time since winning a second term yesterday and staunchly played down fears of potential crowd trouble when the Lions and Winnipeg Blue Bombers clash.

"I expect a really successful weekend," said Robertson. "A ton of planning has gone into this. Based on our experience of six years ago (the last time Vancouver hosted a Grey Cup game) and lessons learned since, we have everything in place to host a great Grey Cup."

The mayor said the Vancouver Police Department has been working with the event-planning committee but stressed that most of the events will be indoors.

There also won't be a large-scale public viewing site like the one that attracted thousands to Georgia Street when the Stanley Cup riot broke out.

"It's obviously a very different crowd from what we saw last summer," Robertson said.

A sold-out crowd of 54,000 football fans is expected to take in the game at BC Place.

A series of public events are scheduled this week in the lead-up to the Canadian Football League championship game, including a parade through downtown Vancouver on Saturday.

1 news

The Quebec government announces that a Montreal university will appoint North America's first research chair on homophobia. Scan the code for the story.

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On the web at metronews.ca

There's plenty of good economic news to be found these days, says Allan Small, and investors should be paying attention to it. More at metronews.ca/investing

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JEFF HODSON/METRO FILE PHOTO

▶ The Missing Women Inquiry, presided over by Commissioner Wally Oppal, has heard testimony this week of a disastrous failure of police leadership in the Pickton investigation.

Leadership gap hindered Pickton probe: Report

Review of police actions says senior officials 'failed to take ownership' to ensure case was taken seriously

A massive leadership failure within the Vancouver Police Department stalled the investigation into reports of missing sex workers in the late 1990s, the public inquiry into the Robert Pickton case heard yesterday.

That failed leadership extended all the way up to the chief, who was apparently unaware of the most basic details of the case and did nothing to ensure it was taken seriously, according to a review by an outside police agency.

"While some recognized the increased number of missing women as significant, certain officers failed to take ownership and ensure the proper resources were dedicated to the problem," says the report by Jennifer Evans, deputy chief of Peel Regional Police in Ontario.

The report offers scathing criticism of both the Vancouver police and the RCMP, which together failed to stop Pickton. Portions of it were read at the hearings, as Vancouver's current deputy chief, Doug LePard, entered his second week of testimony. LePard said he agreed with nearly all of its conclusions.

By early 1999, the investigation consisted of just a single dedicated officer, Det. Const. Lori Shenher, who gave a public update on the investigation in the Downtown Eastside in February of that year. She said it was her opinion "the majority of these women have met with violence" — an assessment she had already shared with her superiors months before.

All of that appeared to come as news to Bruce Chambers, the chief at the time. "The fact that he (Chambers) was shocked at the news in February '99 following Det. Const. Shenher's community meeting demonstrates that senior management was not aware of such an obvious concern to the community," the report says.

"I believe he took no action to address the concern. I believe he did not recognize or take ownership of the missing-women issue during his tenure."

THE CANADIAN PRESS

RAISING A RIOT

Riot poster campaign spark tips

Vancouver police are investigating 48 new suspected rioters based on tips generated through a massive poster fan-out last week.

The people of interest were identified through 93 tips that were passed on to the integrated riot investigation team after they distributed 35,000 posters throughout the Lower Mainland.

The poster featured photos of 104 people who remained unidentified. It was handed out at 34 locations including universities, high schools, malls and transit stations.

Police say they will be following up on the new leads and expect to make more arrests.

To date, 163 charges have been recommended against 60 alleged rioters. Those charges are awaiting Crown approval before police make arrests.

MATT KIELTYKA

Escaped con surrenders to police

A man who dragged a gas station attendant to his death under a stolen car during a gas-and-dash in 2005 has been arrested in Victoria. Darnell Pratt, 22, walked away from a halfway house in Victoria on Nov. 7. He surrendered to police Saturday night. Pratt had been serving a nine-year sentence for manslaughter.

THE CANADIAN PRESS

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Judge says Occupiers have to leave park

Putting up tents or being in Toronto's St. James Park between midnight and 5 a.m. violates bylaws Some protesters plan to peacefully resist

NATHAN DENETTE/THE CANADIAN PRESS

▶ City of Toronto bylaw officers are accompanied by police as they place a new batch of eviction notices on tents and structures at the Occupy Toronto grounds in St. James Park, in Toronto, yesterday.

Allowing Occupy Toronto protesters to remain in a downtown park would amount to supporting anarchy, something Canadians have rejected, a judge ruled yesterday in upholding the city's trespass bylaw.

There was no immediate word on when the demonstrators might be evicted or whether they would appeal the ruling, but the city's mayor said the protesters should get out of the park immediately.

"We've asked the protesters to leave as soon as possible," Mayor Rob Ford told a news conference.

"We'd appreciate their co-operation."

Within hours and to the jeers of protesters, bylaw officers under the watchful eye of police went tent-to-tent as they did a week ago to issue eviction notices. There was some pushing and shoving but no incidents.

Insp. Gary Meissner said it was too early to know whether stronger measures would be required.

"I won't make that decision until I see what's remaining." THE CANADIAN PRESS

We paid $1,600 to remove a bed at G8 summit

Canadian taxpayers forked out almost $2 million — including more than $1,600 to remove a bed — to spruce up a luxury Muskoka resort for last year's G8 summit.

The renovations included $500 to remove a small light fixture from one room and $3,000 to raise a large chandelier in the main lobby of Deerhurst Resort.

The Harper government picked up the tab, which also included $1,540 to move furniture in rooms used by the German delegation and $1,650 to remove a king-sized bed and headboard from a room used by the French delegation. THE CANADIAN PRESS

No details

- Departmental spokesperson Natalie Pennefather said "full and complete documentation" was required before the government finalized payment for any of the work done at Deerhurst. She said such records were "only available" through Access to Information.
- Yet, a subsequent access request for all receipts related to the $1.9-million renovation tab produced nothing close to full and complete documentation.
- Only the $95,000 worth of renovations to office spaces were detailed.

PRISON PROBLEM

Unwanted friend requests

Lisa Gesik hesitates to log into her Facebook account nowadays because of unwanted "friend" requests, not from long-ago classmates but from the ex-husband now in prison for kidnapping her and her daughter.

Neither Gesik nor prison officials can prove her ex-husband is sending her the messages, which feature photos of him wearing his prison blues and dark sunglasses, arms crossed as he poses in front of a prison gate.

"It's just being victimized all over again," she said.

Across the U.S. and beyond, inmates are using social networks and the growing numbers of smartphones smuggled into prisons and jails to harass their victims or accusers and intimidate witnesses.

THE ASSOCIATED PRESS

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Ottawa protesters given few hours to vacate

SEAN MCKIBBON IN OTTAWA

After 37 days at Confederation Park, National Capital Commission officials have handed eviction notices to Occupy Ottawa protesters.

Uniformed NCC wardens strode through the park around 3 p.m. yesterday handing out the notices and hammering stakes in the ground with notices attached.

Protesters were given until midnight to get out. The park is full of tents, at least one teepee and a number of car-shelter structures, leaving some protesters worried about the logistics of removing their things.

"It was inevitable," said Matthew Moro, who described himself both as a documentarian and a social-justice activist.

While some protesters would likely leave, others have previously spoken of moving to a different location such as Minto Park or Victoria Island. Still others have said they will resist removal.

ADRIAN WYLD/THE CANADIAN PRESS

▶ A man packs up after eviction notices were posted in the tent city in Gatineau, Que., yesterday.

Man jailed for pouring water on bus driver

A 20-year-old man is looking at more than a month in jail after dumping a bottle of water on a Toronto bus driver.

The Toronto Transit Commission says the man got into an argument with the bus driver over a fare on Nov. 13.

The man poured the contents of a water bottle over the driver's head and then pushed him. Taiseer Abubakar pleaded guilty to all charges and was sentenced to 36 days in jail.

THE CANADIAN PRESS

Two face court for selling lost puppy

Two women are due in court early next month after a dog that had been reported lost in Peterborough, Ont., was sold through an Internet site. Police say a boxer puppy missing from a Peterborough home was later found by one of the suspects who placed an ad on Kijiji to sell the dog.

An Ajax resident bought the dog for $350.

The dog has since been recovered and returned to its rightful owner.

THE CANADIAN PRESS

Canada adds to Iran sanctions

Britain cuts financial ties with Iranian banks
Curbs aimed at preventing Tehran's nuclear goals

Canada joined Britain and the United States in announcing additional sanctions against Iran yesterday, as the three countries stepped up pressure on Tehran to end its nuclear-weapons program.

The United Nations International Atomic Energy Agency in Vienna warned two weeks ago that Tehran was more than likely on the way to acquiring nuclear weapons and pointed to several troubling signs.

House leader Peter Van Loan told the Commons that Canada would expand previous sanctions to block "virtually all" transactions with Iran's central bank.

"We will do what it takes to isolate the regime and to minimize the risk that it poses to global peace," he said.

In July 2010, Canada imposed sanctions on Iran under the Special Economic Measures Act, aimed at restricting Iran's nuclear program.

A U.S. official told The Associated Press earlier yesterday the Obama administration would hit the Iranian economy with new sanctions.

The official said the financial and energy sanctions would target Iranian companies, the hardline Revolutionary Guard and Iran's petrochemicals sector. THE CANADIAN PRESS

United front

- Canada once again followed the U.S. and Britain by slapping sanctions last month on five Iranian nationals accused of plotting to kill the Saudi Arabian ambassador to the United States.
- The three countries froze the individuals' assets and prohibited Canadians from having financial dealings with them.
- They include Manssor Arbabsiar, an American who also holds Iranian citizenship, and Ali Gholam Shakuri, said to be a member of a special unit of Iran's Revolutionary Guard.

EU plans to ban shark finning

The EU's executive arm yesterday said that it wants to completely ban shark finning — the practice of removing sharks' fins and throwing the finless creatures back into the sea to die.

Under the proposal approved by the European Commission, all boats in EU waters — and EU-registered boats anywhere in the world — would have to land sharks with their fins attached. THE ASSOCIATED PRESS

27

To become law, the proposal must also be approved by the European Council — the 27 EU heads of government — and the European Parliament.

▶ Protesters carry a boy wounded during clashes with Egyptian riot police in Cairo's Tahrir Square yesterday.

EGYPTIAN CABINET QUITS

PROTESTERS STILL WANT MILITARY OUT OF POWER

Egypt's army-appointed government handed in its resignation yesterday, trying to stem a spiralling crisis as thousands of protesters in Cairo's Tahrir Square clashed for the third straight day with security forces in violence that has killed at least 26 people and posed the most sustained challenge yet to the military's rule.

The crowds in Tahrir broke out into cheers with the news of the cabinet's move. But there was no sign the concession would break their determination to protest until the military steps down. THE ASSOCIATED PRESS

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Hugh Grant points finger at tabloid press

Actor Hugh Grant told a London courtroom yesterday about the dark side of celebrity life, describing mysterious break-ins, leaked medical details and hacked voice mails — laying blame on the entire tabloid press, not just the now-shuttered News of the World.

Grant's testimony to a judge-led media ethics inquiry capped a tough day for Britain's beleaguered press. Earlier, the parents of a murdered schoolgirl, whose phone was targeted, described how the hacking had given them false hope that their daughter was still alive.

Grant said he believes his phone was hacked by Britain's Mail on Sunday tabloid — the first time he has implicated a newspaper not owned by media mogul Rupert Murdoch.

He said a 2007 story about his romantic life in the paper owned by Associated Newspapers Ltd. could only have been obtained through eavesdropping on his voice mails.

THE ASSOCIATED PRESS

Canadians overworked, out of balance: Study

Mental health conditions ranked as the top short and long-term disability claim, researchers discovered

Workload complaints have reached staggering proportions among Canadian employees, a global research firm said yesterday.

Nearly nine in ten employers — 89 per cent — reported heavy workload as a complaint among staff, results of a Towers Watson study show.

A similar study by the same firm two years ago found 64 per cent of employers reported excessive-workload complaints among staff, a difference of 25 percentage points.

"Most organizations report that employee stress is a major and growing business issue," the latest results also show, comparing results to surveys done every two years for the past 16 years on the health and productivity practices of North American companies.

"Canadian respondents cited excessive workloads, lack of work/life balance, unclear or conflicting job expectations and inadequate staffing as top sources of workplace stress," concludes the study.

As firms look to combat stress, disability and absenteeism, some are considering pay bonuses to workers who engage in fitness and health-management programs, the survey found.

The survey was completed by 335 human resources and health benefit managers at companies with 1,000 or more employees.

TORSTAR NEWS SERVICES

Market moment

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Oil spill reaps hefty fine for Chevron

Brazil's environmental agency said yesterday it will fine Chevron nearly $28 million US for a continuing oil spill off the Rio de Janeiro coast. The agency will fine the oil company the maximum 50 million reals allowed under Brazilian law. Chevron could face "five or six" other fines, say officials. THE ASSOCIATED PRESS

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SUNDAY BEST: AN ODE TO BRUNCH

SHE SAYS ...

JESSICA NAPIER
METRO

In my early 20s, eating breakfast on the weekend was a pretty pathetic affair. It never happened before 1 p.m. and almost always took place at a greasy diner called The Pancake House. Sweatpants were the dress code and if my bill came to more than $6 after tax and tip I was doing something wrong.

After I graduated and moved off campus into a grownup apartment something happened: I stopped eating breakfast and started going for brunch.

If you're unfamiliar with the most delicious portmanteau in the dictionary, brunch is that sweet spot between breakfast and lunch. It isn't just a meal; it's an epicurean event. Brunch is a hungover server's worst nightmare and arguably the most civilized part of my week.

To become a person who brunches (it's also a verb now), you must develop a whole new attitude toward the late-morning meal.

"I don't raise an eyebrow at the outlandishly overpriced menu items; I eagerly hand over $20 for deconstructed French toast or huevos rancheros. I mean, this isn't just your run-of-the-mill bacon and eggs — it's brunch."

When I go for brunch, I expect to wait at least 45 minutes for a seat because, naturally, any restaurant worth going to doesn't take reservations. When I finally sit down, I order three different beverages — ice water, an Americano and a mimosa — to combat my dehydration, fatigue and hangover, respectively. I don't raise an eyebrow at the outlandishly overpriced menu items; I eagerly hand over $20 for deconstructed French toast or huevos rancheros. I mean, this isn't just your run-of-the-mill bacon and eggs — it's brunch.

If my buttermilk pancakes have berries in them, I want those berries hand-foraged from a local bramble and soaked in cassis for three days. I don't want sausage; I want chorizo. I don't want toast; I want fresh-baked focaccia seasoned with rosemary and sea salt. Why is that Bloody Caesar in a regular glass — shouldn't it be in a decorative mason jar?

I probably shouldn't be this high-maintenance when it comes to breakfast. I really can't afford to care this much about where my fruit garnish came from and whether the chicken that hatched my egg-white omelette was raised on an organic diet.

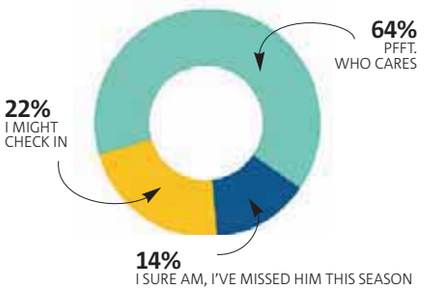
Yes, I could make these meals at home, saving myself money and the hassle of this so-hip-it-hurts ritual. But, as gratuitous as it is, brunch has become an integral part of my weekend routine.

One day a week I give myself licence to be completely pretentious about waffles and consume 1,200 calories before noon. Let's face it: Sunday just can't happen until I've had some hollandaise.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Will you be watching Sidney Crosby's return to hockey tonight?



Local tweets

- **@geoffmeggs:** #vanelxn over, #occupyvancouver coming down; feels like a page turning. #worktodo
- **@DonDavies:** Movember update Day 21 t.co/F1KVtlRS — Encouraging supporters to help me raise money for cancer research during this final stretch!
- **@christyclarkbc:** Standing w/ 30+ partners from #bcjobs & trade mission. Apparently I'm not the only 1 waking up at 3 am. #jetlag #bcpoli t.co/0oWjU8Ko
- **@Lewis980:** Occupiers carrying domes down Georgia St. #cknw t.co/7Fkg0WVp
- **@karenjouhal:** Occupy Vancouver protesters have halted traffic on Georgia St. They're carrying their massive tents on the roads #CKNW
- **@landpolicy:** Vancouver BC strives to be the greenest city: are these things that can't be done in the US? #cities t.co/vBcbt5eB
- **@kevinchiu:** Uh oh. Driving past the occupy Vancouver site to check out the dismantling process and it looks like I'm going to be stuck in traffic.

Worth Mentioning

RESTROOM LAURELS. Toronto restaurant e11even has been named the best in Canada — not for the food but for the loo.

The upscale downtown dining spot won the second annual "Canada's Best Restroom" contest conducted by Mississauga, Ont.-based Cintas Canada Ltd., a provider of hygiene products.

Thousands of votes were cast on the contest's website, Cintas said.

With marble from floor to ceiling and elegant mosaic tile accents, e11even's washrooms flushed away the competition.

In second place was Allstream Centre in Toronto, followed by Hotel Le Germain in Montreal, David Morris Fine Cars in Edmonton and the Ottawa Convention Centre.

"We are thrilled to receive this honour," said e11even general manager Steven Salm. "While it may not always be top of mind when dining, we feel that the restroom is an integral part of the overall design."

THE CANADIAN PRESS

photo of the day

metro PHOTO CHALLENGE

▶ This photo titled Haló? was submitted to the Photo of the Day category by Martina Teislerova from Czech Republic.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until today. As well as a chance to win a trip to any city Metro publishes, submissions will also be featured here.

WEIRD NEWS

Pint-sized with monster drive

Kaid Jaret Olson-Weston is strapped into a 1,270-kilogram half-scale monster truck, humming playfully as he waits for the green light.

KJ, as he is known to his fans, sits patiently as he and his coach go over the safety features in his truck.

The roll cage is lowered. KJ starts the engine and jumps over humps of dirt before crushing a beat-up car. He spins the truck — and its 90-kilogram tires — clockwise, then backwards, leaving behind a cloud of dust in its tracks at his training centre in Ocala, Fla.

Despite these feats, KJ can barely see over the steering wheel. At eight years old, he is the youngest monster-truck driver.

KJ performs across the U.S. at about 60 different shows every year. He signs hundreds of autographs at each show, but still considers himself an average kid.

"I do really good in school and am able to drive this, which people think it might be hard but it's actually pretty easy," he said. THE ASSOCIATED PRESS

▶ KJ with his monster truck.

UNCLE TOD'S MOTORSPORTS, INC./THE ASSOCIATED PRESS

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2 scene

Scene in brief

Acclaimed documentaries from Werner Herzog, Errol Morris, Morgan Spurlock (shown) and Steve James have missed out on a shot at the Academy Awards. Herzog's Into the Abyss, Morris' Tabloid, Spurlock's The Greatest Movie Ever Sold and James' The Interrupters did not make the short list of 15 documentaries eligible for the feature-length prize at the Feb. 26 Oscars. Among the films that made the list, released Friday by the Academy of Motion Picture Arts and Sciences, are: Joe Berlinger and Bruce Sinofsky's Paradise Lost 3: Purgatory; Wim Wenders' Pina; the Harry Belafonte profile Sing Your Song; and Project Nim, directed by Oscar winner James Marsh (Man on Wire).

THE ASSOCIATED PRESS

Enthused by 3-D, Martin Scorsese learns to see in a new dimension with Hugo

Kingsley keeps it simple

Actor Sir Ben Kingsley talks about the importance of understatement when filming in 3D

HANDOUT

Sir Ben Kingsley plays Georges Melies, one of the world's first filmmakers, in Hugo.

HEIDI PATALANO
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Last year he played a mysterious doctor in Martin Scorsese's Shutter Island and now Sir Ben Kingsley partners up once again with Marty as he affectionately calls him, but for lighter fare. In Hugo, Kingsley plays one of the world's first filmmakers, Georges Melies, who directed A Trip to the Moon and hundreds of other silent films in the early 20th century. Kingsley gave Metro a few moments of his undivided attention to chat about the 3D filmmaking of Hugo and his upcoming film, The Dictator.

George Melies' film A Trip to the Moon is one of the most iconic early films ever made. Do you remember where and when you first saw it?

I don't remember when it was but I do know that when I was at school, it was a great school and it had a film society. We were able to watch some of cinema's masterpieces that came from way back. I know that we watched Fritz Lang films, Eisenstein films, and I think in and amongst them was The Trip to the Moon because I know I'd seen it before I got [Martin Scorsese's] offer. It was so familiar.

Did shooting in 3D for Hugo affect your performance at all?

Yes. The 3D camera brought a kind of bonus where it was detail, detail, detail, very little CGI, which fed our performances tremendously and kept us in character beautifully. Also, the scrutiny of a 3D camera is quite alarming. I noticed fairly early on that the 3D camera can see what you've done before you've done it. It's so scrutinizing. It's x-ray. You can see the most delicate changes of body language and facial expression, almost pulse and heartbeat. One thing that 3D camera insisted on was, "don't try to act. Don't show off. Don't be clever." Of course, Mr. Scorsese would also say, "keep it simple. Keep it honest." I mean, that's almost his maxim.

On the set of Hugo you were known for staying in character as Melies in his later years, when he was quite cranky and withdrawn. How did your young co-stars Asa Butterfield (Hugo) and Chloe Grace-Moretz (Isabelle) react to that?

Staying in character for me was almost mandatory. I'm quite fit and slim but I had to strap on this pot belly and I had to strap on this hump in my shoulders to have this depressed body. I'm more like the [younger] Georges directing in the glass house. I felt, it was going to be a huge effort to take all this off so I thought, "I must stay in character." Even though he was a sad man and somewhat defeated, I quite enjoyed that I had to stay in character. Then I learned to capitalize on it. I started speaking to both [Moretz and Butterfield] in French. I found it really fed the work so that by the time, whenever Marty said 'action' to Asa, he was already dealing with me.

Sacha Baron Cohen co-stars with you here, but you'll also appear alongside him in The Dictator. Tell us about your character in that film.

It was either like being on a Chaplin set or a Marx Brothers set with that great genius pouring out of the central character. Everyone has their function. Mine, thank goodness, was the straight man because to try to be funny around Sacha is suicidal. You're never going to match up to that. My comedy lay in deadpan. He plays a dictator — recognizable, very bizarre. He invented this two years before [the Arab Spring] started. I play his head of security and procurer of women, straight-faced. I loved working with him. It's very timely.

DVD Releases

Buy it | Rent it | Borrow it | Yawn | Don't bother

Super 8
Genre: Sci-Fi
Director: J.J. Abrams
Stars: Elle Fanning, Amanda Michalka, Kyle Chandler
½

Is it possible to be fake and sincere at the same time?

J. J. Abram's Super 8 pays homage to the popcorn pics Steven Spielberg (who gets a producer credit here) cranked out a few decades back. It's also a grab bag of pop cult references (think Lost, Twilight Zone, Aliens, The Goonies, Gremlins).

Super 8 is set in 1979 in fictional Lillian, Ohio, where a group of kids making a home movie witness a spectacular — and suspicious — train crash.

A mysterious "whatsit" aboard the train escapes, and U.S. Air Force goons set about brutally finding it. Abrams' casting is impeccable.

Joel Courtney and Elle Fanning make cute as Joe and Alice, young huggers brought together by danger, MIA moms and duelling dads. Riley Griffiths plays an amusing Charles, the junior filmmaker of the title.

And Kyle Chandler evokes a younger, leaner Alec Baldwin in his role of the deputy sheriff.

Abrams has learned well from the master, Spielberg. But in the end, its calculating manner, with every element weighed for maximum nostalgia value and ironic hipster cred, leave the film feeling artificial.

PETER HOWELL

Why can't we all just Get Along?

Documentary depicts maturing professional pair who have learned to manage their inevitable sisterly spats

Any Tegan and Sara fan who explores the three documentaries bundled into their new release Get Along with the hopes of seeing the twin sisters snipe and scrape like a couple of pocket-sized Gallaghers will be sorely disappointed.

In fact, the only time the Calgary-reared indie-pop pair asked that producers excise a scene from the two-plus hours of film footage, they did so because the clip in question depicted an ugly sibling spat.

"There was a seven-minute scene of Sara and I arguing very passive aggressively," Tegan Quin said as the personable pair sat down for an interview this week in Toronto. She remembers her cringing response as she watched the footage with the filmmakers in an editing suite.

"For so long we avoided talking about our conflict because... I would be like: 'I don't want to exploit this relationship."
SARA QUIN OF TEGAN AND SARA

Especially since that kind of bickering isn't exactly typical.

"We're not getting drunk and beating the crap out of each other, contrary to probably some of the fantasies ... There's definitely tension between us, but I think we have grown up to the point where it's not necessary for everyone to see that."

And yet, the 31-year-old Quins wearily acknowledge that many observers

CHRIS YOUNG/THE CANADIAN PRESS

Tegan, left, and Sara Quin

— from media to the duo's notoriously dedicated fans — have seemed to want to unearth an undercurrent of sisterly strife since Tegan and Sara self-released their debut in 1999.

That's the reason behind the new release's tongue-in-cheek title and press materials, which feature the twins sporting matching black eyes.

Yet Sara concedes that there was a time when the duo was a bit dishonest in response to the constant questions about how they function and tolerate one another.

"For so long, we avoided talking about our conflict because ... I would be like: 'I don't want to exploit this relationship,"' she said.

"There was a lot of: 'Oh, no, we totally get along.' ... But at some point I started to realize that our relationship professionally has lasted longer than most people's romantic relationships ... and I started to realize we're actually really good at this."

"So we started talking about it a little bit more. Because we were like, 'Maybe we should tell people the truth."'

But finding that equilibrium took time.

"We've learned ways to deal with it, get over it quicker, to reconcile quicker, to make compromises, and you sort of pick your battles a little differently," Sara said. "I think that comes with age."

THE CANADIAN PRESS

Family on film

Among those people pleased by the new documentary might be the pair's mom

- For years, she's been the subject of embarrassing anecdotes relayed by the twins onstage — adopting squawking tones to imitate her voice, no less — but now fans will get to see what she's actually like.
- "She has a normal voice, she's a normal person.... We took down the wall a bit to allow her to be out there," Tegan said.

On the fast track to fame

For Canuck band The Sheepdogs, success is showing no signs of ceasing Canadian tour begins this week

With a gold album, sold-out shows across the country, an appearance on the hit TV show Project Runway, a recent tour with Kings of Leon and a Rolling Stone cover under their belts, the Sheepdogs continue to see their popularity rise.

After winning a Rolling Stone cover shot and accompanying feature article published during the summer, the four shaggy rockers have been able to play music on a full-time basis, said bass player Ryan Gullen. Previously when the band members toured, they would have to return home to work at their jobs, he said.

That all changed when Rolling Stone introduced the foursome — Gullen, Ewan Currie, Leot Hanson and Sam Corbett — to the world. Today, making music is their career — something Gullen calls "a dream come true."

THE CANADIAN PRESS

Saskatoon-natives The Sheepdogs

"It's really great. Now that we can do what we really want to be doing, that's really cool," he said.

Gullen said the band has been doing a lot of travelling, as the Sheepdogs have been on tour since February. The reaction to the band from fans in the U.S. has been "overwhelmingly good," he said.

"Basically we've just been touring non-stop and kind of striking while the iron's hot, especially in the States," Gullen said in a recent telephone interview, while the band members were driving just outside Columbus, Ohio.

"It's a little bit different than touring Canada – shorter drives," he added.

For Canadian bands, it can be "very hard to get things going in the States," so the Sheepdogs are continuing to promote themselves after the Rolling Stone cover contest win put them in the spotlight, said Gullen.

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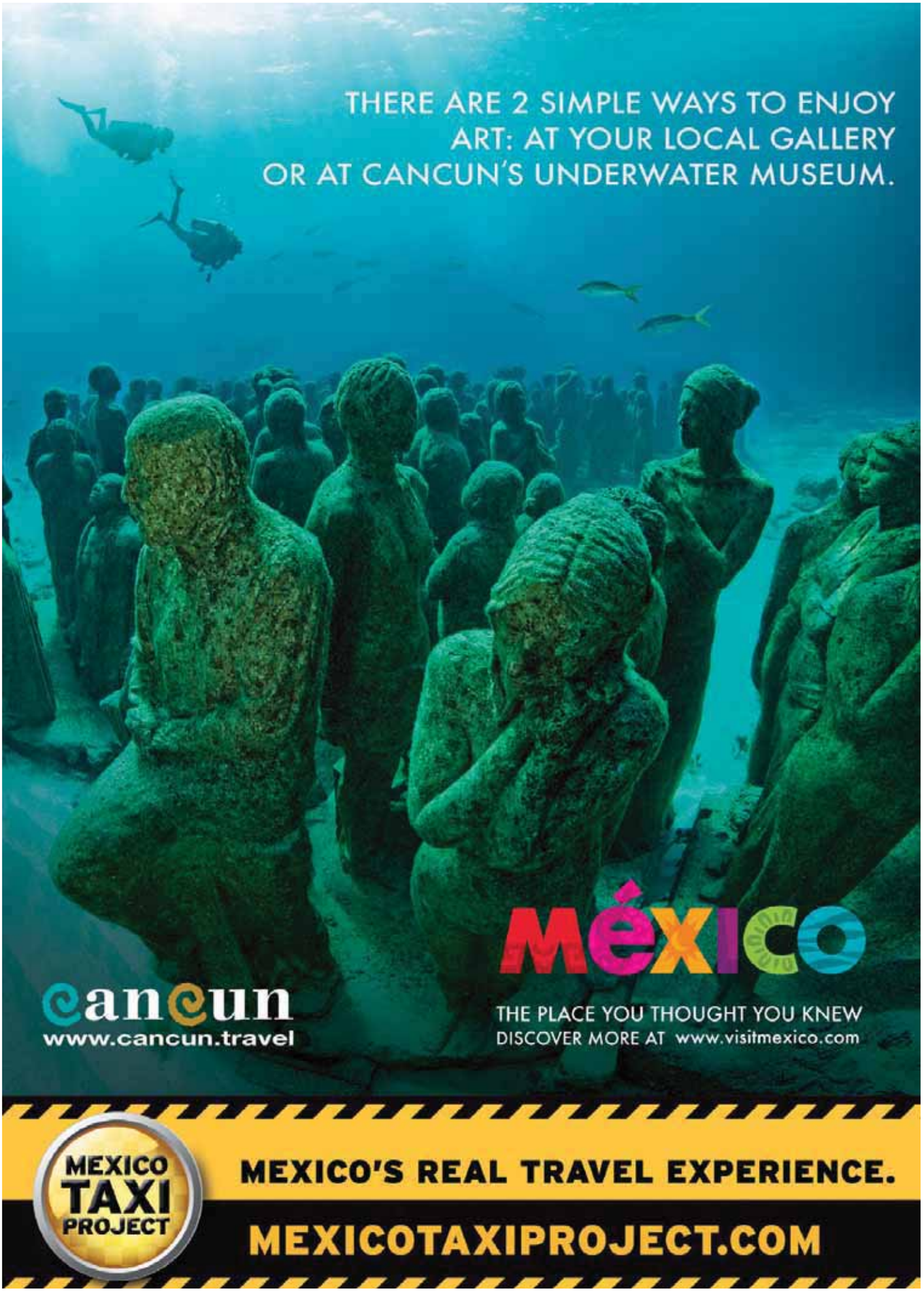
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Dear JLo: Please put your pants back on

We have seen enough to know that we have seen too much

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Jennifer Lopez is ridiculous.

I put up with her Fiat commercials. I admit I was a little thrown when the car appeared in her Papi music video (and a 30-second trailer for the video) but I dealt with it. But did a Fiat 500 really have to appear onstage with her during her performance of Papi during Sunday night's AMA's?

It's just that everything lately with the celeb has been so in-your-face. I realize she is trying to stage a comeback and is trying to refill her bank account, but it's reaching saturation point (like, what was up with that skintight Britney Spears-esque bodysuit she was wearing at the AMA's? We get it. You're 42 and still super hot but come on, put some pants on. You're a mom now; you can be sexy without showing off your crotch).

ALL PHOTOS GETTY IMAGES

▶ It seems Jennifer Lopez dragged Britney's old get-up out of the closet for Sunday's American Music Awards.

She is acting like a slutty reality TV contestant instead of the true star she is.

Another case in point? She was sure to leak her behaviour at a celebrity-packed AMA after-party to Us Weekly. The magazine reported that Lopez retreated to a private booth with her new boy toy, dancer Oscar Smart, where she was seen grinding on his lap, rubbing his head and kissing him.

This isn't to say that Lopez shouldn't have a good time now that she's single and on the prowl. She gets a hearty "you go, girl!" for that. But she should do so within reason. And, for God's sake, leave your endorsements of Fiat for the commercials.

▶ Jessica Biel and Justin Timberlake

What's the Biel with Timberlake?

Jessica Biel and Justin Timberlake continue to stoke rumors that they're back together.

The pair reportedly stuck by each other's side at a dinner Biel hosted recently at the Chateau Marmont, according to People magazine.

Biel and Timberlake sat together, shared food and were "very sweet" to each other during the intimate dinner, sources say.

METRO

Baby mama drama not affecting the Biebs

Justin Bieber seemed worry-free over the weekend, despite reportedly taking a DNA test to clear up a paternity suit brought against him, according to Us Weekly. The Canadian pop star was all smiles at a rehearsal for the American Music Awards, serenading girlfriend Selena Gomez. "At one point Justin even sang I Feel Good a la James Brown," a source says. "They were totally adorable. They were snuggling in between takes. They look as in love as ever." METRO

▶ Justin Bieber and Selena Gomez

Driving away a divorce?

Just before Demi Moore announced she was divorcing him, Ashton Kutcher reportedly made a last-ditch effort to save their marriage by buying her a brand new car, according to TMZ.

Sources say Kutcher spent upwards of $100,000 for a 2012 Lexus, ordering it Nov. 9 — two days before Moore's birthday. It's unclear if Moore accepted the gift or if Kutcher had to return it.

METRO

Celebrity tweets

@Colin_Hanks

Without American thanksgiving to hold it back, Paris is very close to becoming Christmas city y'all. And it's not even December.

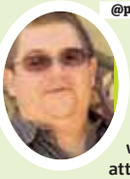
@taylorswift13

I got really excited about Christmas and bought all the holiday flavored coffee creamers at the grocery store.

@PamGrier

We do not stop playing because we are old, We grow old because we stop playing.

@pattonoswalt



"You just don't get it, man." -- my body fat, whenever I attempt exercise.

▶ Rachel Weisz

Weisz so very quiet Rachel?

Rachel Weisz is enjoying married life with Daniel Craig, but that doesn't mean she enjoys talking about it with the press. "I'm sorry," she tells the Telegraph.

"I'm a newlywed. I'm still a blushing bride and it's really private. I can't tell you anything."

"I read that I wasn't drinking alcohol because I was pregnant. It's not true," she says.

"I was asked [about having children] by a journalist recently and I think I said, 'You never know,' and it was turned into something else entirely." METRO

She's back to the Brits

After her year of college in the U.S., Harry Potter star Emma Watson is happy to be back in the U.K. studying at Oxford University.

"It's really nice ... just to have that steady routine and back being home, being around people I love and doing what I love," Watson tells People magazine.

"I'm studying and really excited about my next projects. I can't really talk about them right now, but I am going to try and fit in some film projects next year in between school."

METRO

▶ Emma Watson

3 life

Taylor-made abs

Women sighed, men gasped
Taylor Lautner's personal trainer Jordan Yuam tells us how to get the Breaking Dawn star's rock hard abs

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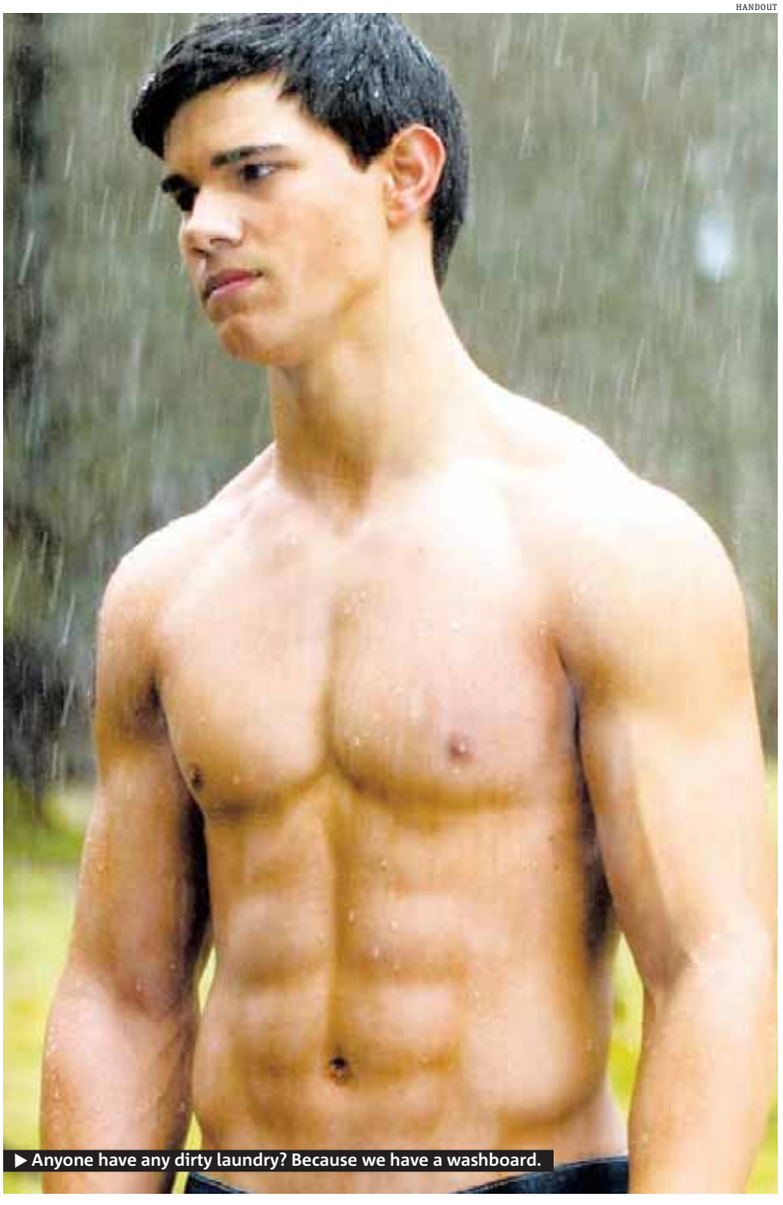
METRO WORLD NEWS IN LONDON

HANDOUT



▶ Anyone have any dirty laundry? Because we have a washboard.

After making fun of Taylor Lautner's hot physique, his svelte Twilight co-stars Kristen Stewart and Robert Pattinson admitted going "nuts" working out for their Breaking Dawn bikini scene. Lautner, on the other hand, had to go shirtless for the previous installments, sticking to an intense regimen throughout the saga — who's laughing now?

His workout

Lautner's trademark is his washboard abs.

"His Twilight body was perfect but it wasn't symmetrical," Jordan Yuam, his trainer throughout the entire series says. "He was so buff he almost looked cartoonish, but everything was based on the moment he took off his shirt."

When he wasn't filming, Taylor's body was 10 to 12 per cent but for Twilight, Yuam would bring it down to seven per cent.

"Taylor's always up for a challenge, he's so focused and disciplined. We'd meet up four times a week to chisel away fat," Yuam said.

In order to get Taylor ready for his role as ripped werewolf Jacob, Yuam used a combination of classic moves including hanging leg raises and reverse crunches to define his muscles.

The (super) power

"I got Taylor on the power plate," says Yuam. "It's instrumental to my work as I use it to create muscle and for post workout recovery."

He admits that he uses the Power Plate "more than ever" to sculpt his clients' bodies. It's high-speed workout as vibrations (around 1,000 per minute) are transferred to your muscles causing them to contract as a reflex action. This creates internal heat that increases circulation, oxygenates blood flow around the body, flushes out toxins stored in fat cells and lactic acid.

"Working out is about recovery and the plate loosens up your stabilizers so you don't get sore. The idea isn't to do thousands of reps; 25 is enough (12 minutes on the plate). I don't believe in workouts that last more than 50 minutes," Yuam added.

Wolfing food down

"Taylor isn't naturally big. So the key to maintaining his frame was to make sure he ate right pre and post workout. Breaking Dawn was a challenge, as we had to overlap with his Abduction body for which he was doing a lot of boxing," says Yuam. "He was burning a lot of calories and finding it hard to eat enough."

He devised a diet combining healthy fats, carbohydrates and protein.

"He ate simple carbohydrates, such as bananas, to maintain glycogen levels and provide slow energy release throughout the workout as well as whey protein blended with oatmeal to build muscle."

And right before a shirtless scene, Yuam made sure he ate no fruit and vegetables. Just like a real werewolf.

YUAM'S 3 TIPS

1. **TENSE:** The fastest way to lose your body is by over training. Never work on your abs every day or they will lose density. Others may disagree, but I believe the key to lean muscle mass is to work out under localized tension.
2. **TWIST:** Linear abs alone will make your oblique muscles too tight. Do your abs in both a lateral and diagonal plane to avoid a build up of tightness and loss of flexibility.
3. **VIBRATE:** The Power Plate frees up lactic acid, loosens muscles and helps you recover more quickly after a workout. You will feel less fatigue and your muscles won't be so tight.

A new study shows

1 oz.

Scientists from the University of Barcelona found that eating nuts is linked to higher levels of serotonin, which decreases appetite and could help get rid of belly fat. Just one ounce (approx 30 grams) a day of raw walnuts, hazelnuts or almonds can boost happiness and heart health.
METRO WORLD NEWS

AIDS epidemic levelling off, but AIDS-free generation may still be too optimistic, experts say

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Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

The Truth About Salt

The Salt Institute, an American organization that represents salt companies, is getting the message out that sodium is a nutrient that's essential for good health. But wait a second; isn't salt a bad thing? Best Health associate editor Lisa Hannam went to the Heart and Stroke Foundation of Canada and asked them to clarify things.

"Sodium does help to maintain cell balance and fluid volume in the body," says Carol Dombrow, registereddietitian and nutrition consultant for the Heart and Stroke Foundation's Health Check food program.

Salt, in proper amounts, keeps the body well hydrated and cells functioning properly. Athletes and very active adults may have to increase their sodium intake to compensate for how much they lose through sweat.

However, says Dombrow, "most people don't need to worry about under-consuming sodium. Canadians are eating way too much."

A diet high in sodium has been linked to hypertension, or high blood pressure. The adult upper limit for sodium intake per day is 2,300 milligrams — which is less than half a teaspoon — but an adequate intake to maintain good health is 1,500 milligrams. Dombrow adds that, generally speaking, you won't need to add salt to your meals to make sure you are getting enough, because sodium occurs naturally in many foods.

And a little goes a long way.

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Thoughts on ... Trying

JUST DO IT. Why should we try to learn something new every day?

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You will surprise yourself of how great you will feel.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW.

METRO CUSTOM PUBLISHING

ENJOY GIFT OF CLEAR VISION WITH LASIK

Thinking of treating yourself this Christmas? There's no better time to consider the gift of clear vision with laser vision correction.

LASIK is a safe and effective alternative to glasses and contacts as evidenced by its 20-year track record. Over that time, more than 35 million LASIK procedures have been performed around the world. The LASIK procedure corrects common refractive errors such as nearsightedness (myopia), far-sightedness (hyperopia) and astigmatism (irregular curvature of the cornea).

BANANASTOCK/THINKSTOCK

"The surgery is painless and quick, taking less than 10 minutes of operating room time," said Dr. Mark Cohen, co-founder and national medical director of LASIK MD, Canada's only national laser vision correction provider. "The procedure is characterized by short recovery times, as most patients are able to return to work the following day with dramatically improved vision."

LASIK has minimal side-effects, and most are temporary or easily treatable. The few reports of glare and halos at night that some patients used to complain about have all but disappeared thanks to technological advances.

You may be a good candidate for laser eye surgery even if your prescription isn't stable. Past prescription changes are not a good predictor of future changes and do not help deliver more predictable or safer results.

Another misconception is that the surgery is an unaffordable luxury. When you consider the annual costs of glasses, contact lenses and solutions, you will likely find that LASIK is more economical in the long term.

Most laser vision correction providers offer free comprehensive eye exams, which will determine your candidacy. If you are deemed a candidate, book your procedure and you will be on your way to enjoying life without glasses and contacts. *– Pauline Anderson*

One spicy new panino bar

You'll find eight enticing sandwiches on this small, but quality menu

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

Do one thing, and do it well.

That's the motto I picked up on at Carrall street's sultry new 'modern panino bar', which serves six modern Italian sandwiches you likely wouldn't find in their boot-shaped country of origin. Consider them traditional panino's hip, younger cousin, made with cool ingredients like grappa poached pear, tomato confit, and caramelized fig.

ERIN IRELAND

▶ The Calabrese panino

Notturno uses La Grotta's famous rustic Italian bread — the kind you tear at with your teeth. One side of my Calabrese was streaked with a sweet drizzle of balsamic, on which the meat and cheese — spicy capicollo, spicy sopressata, salami, provolone, and goat cheese — was layered. Adding even more kick to the hot creation were a few strips of spicy, pickled eggplant.

The narrow space, with black glossy tables and a prominent bar, has all the features of a lounge. I wasn't surprised to learn a liquor license is in the works, along with small plates, and extended hours.

Notturno Paninoteca

280 Carrall St.
604-720-3145
Price range: $8-$9.50
Licensed: Not yet
Reservations: No
Social lunch: Yes
Rating: 4/5

Apple bread pudding

This yummy bread pudding uses delicious maple syrup as the sole sweetener.

Simmered away in the slow cooker, it's a real kid pleaser and — bonus — it's nutritious as well.

Preparation:

1. Place bread cubes in slow cooker.
2. Mix in apples and cook on Low for about 4 hours or until set in centre, sprinkling walnuts over top in 30 minutes.
3. To serve, spoon into bowls, drizzle each with 15 ml (1 tbsp) maple syrup.

Ingredients:

- 2 l (8 cups) slightly dry bread cubes
- 750 mL (3 cups) chopped peeled apples (such as Empire, Golden Delicious or Cortland)
- 125 mL (1/2 cup) dried cranberries or raisins
- 4 eggs
- 750 mL (3 cups) 2 per cent milk
- 300 mL (1 1/4 cups) pure maple syrup
- 175 mL (3/4 cup) chopped walnuts or pecans

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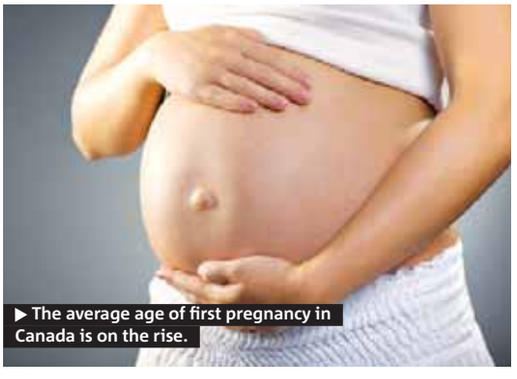
The UBC Dental Clinic operates at a reduced cost for these services.

Fertility won't wait for you

Waiting to have children leaving some would-be moms empty nested

CELIA MILNE
LIFE@METRONEWS.CA

ISTOCK PHOTOS



▶ The average age of first pregnancy in Canada is on the rise.

Waiting too long to have babies could leave you disappointed.

Many women are delaying having children until their late 30s and 40s, not realizing that in some cases, even fertility treatments can't help them out, warns the Society of Obstetricians and Gynecologists of Canada (SOGC).

"It's heartbreaking," says Dr. Allison Case, medical director of the ARTUS Fertility Centre at the University of Saskatchewan in Saskatoon. "Patients say, 'If I'd only known.' They wish they could go back three or four years and make a different choice. That's what I see in my office."

The SOGC has developed a new guideline for doctors suggesting that women in their 20s and 30s need better counselling about the age-related risk of infertility and the limits of how much assisted reproductive technologies can help.

The average age of first pregnancy in Canada has been gradually rising over the last few decades. In 1970, the median age for women to have their first baby was 24.5 years. Now, says Case, more women than not are waiting until they deliver their first child over the age of 30.

"The danger is that as women get older, it is more difficult to get pregnant. For every year over the age of 35, the chances of getting pregnant each month drop precipitously," she says. Celebrities are having their babies into their 40s, and this is misleading for patients.

Many couples delay having a family, thinking that they can rely on fertility treatments if they need to.

"Yes, there are wonderful treatments that are able to help many couples, but they still can't overcome the biological effects of age," says Case.

"If they do decide to delay, we want to make sure it is an informed and educated choice."

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LESLEY SCORGIE
MONEY@METRONEWS.CA

Do you want to do something really memorable for your friends and family this holiday season? Don't buy or receive a single gift.

Make a difference in your community by donating to charities on behalf of your friends and family.

One of the best holiday giving tools in Canada is Canadahelps.org. This organization connects donors with over 80,000 registered charities in Canada.

Canadahelps.org has a holiday program called the Cause Wish List whereby instead of gifts (or as well as gifts), you and your friends support your favourite charities. The program is very simple; create your account, choose the design of your 'stocking', determine how much money you'd like to raise and pick the charities you want to support. Then, send out your Cause Wish List link to friends, family and colleagues. It's that simple!

If you don't want to raise money, volunteer instead. Organize your posse to go and pack hampers at the food bank, build a playground for your local women's shelter or spend time carolling or visiting with the elderly at a nearby seniors home.

If you're not sure what charities you're interested in supporting, do a little soul searching. What are you passionate about? Ensuring children have affordable access to sports? Align your giving with an organization that represents your passions.

Be bold this holiday season! Use the spirit of giving to uplift your community.

FOR LESLEY SCORGIE'S FULL COLUMN VISIT METRONEWS.CA

Your money needs first

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

As the baby boomer bulge gets older there are lots of us with parents needing help and kids who are still dependent.

But many who are younger than boomers find themselves in the same fix.

Take Mariah and Dawn. They're twins, 37 and very close. Mariah, divorced with two boys, lives in Vancouver and Dawn, recently separated with a daughter, is in Edmonton.

Money is tight, time tighter and they are both completely stressed about their unemployed younger brother and their seventy-something parents who live in Nova Scotia.

The twins admit they are "kind of bad" with money. But they are torn between helping their parents who have little savings and their own financial demands. Dawn has twice increased her credit limit to send money to their parents and Mariah has just flown their brother to Vancouver to live with her until he gets a job.

Neither is contributing to their kids' RESPs and both are considering stopping RRSP contributions for a couple of years.

They asked me for advice. Here it is. Whoa!

I told Mariah and Dawn to imagine they are on an airplane with their kids and the cabin depressurizes.

According to pre-flight instructions, they should put on their own masks and then help the children.

But it's hard to do when you are fearful for your kids' lives. You naturally want to help them first.

However, the fact is that if you don't take care of yourself you may not be capable of helping your kids.

The same is true of money. Mariah and Dawn should focus on putting their own financial houses in order first. Unless their brother has some kind of health problem he can fend for himself.

Nor should they start forking out money to their parents before a plan is in place for the future including the possibility of downsizing, assembling community supports, applying for seniors housing and creating a thorough budget so the twins know exactly where their parents stand. Mariah and Dawn must concentrate on their own financial health first. Otherwise they put their future welfare in jeopardy, which will leave them unable to help their family members.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

Dollars and sense

Three resources for the sandwich generation:

- **Credit Education Week Canada:** cewc.ca
- **Financial Consumer Agency of Canada:** fcac.gc.ca
- **Investor Education Fund:** getsmarteraboutmoney.ca

ISTOCK

▶ Alison's money rule: If you're part of the sandwich generation help yourself first in order to help your family best.

TREAD CAREFULLY: JOB LOSS CAN BE A TOUCHY SUBJECT

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLESMACPHERSON.COM

I recently ran into a friend who I know has been fired from his job. I was very uncomfortable and had no idea what to say, which made things even worse and awkward. What should I have said or done? – Jane

In these economic times most Canadians know of a friend, family member and/or neighbour who has had to deal with unemployment.

Don't judge or lecture. These days, job loss is due to the economic times rather than the person's fault. So how do we deal with this? Be kind, gracious and don't draw unnecessary attention to the uncomfortable situation.

Personally, what I have done in these cases is to either not bring it up and focus on something else like, "How are the kids doing?" or, "I know you love football, what did you think of the game last Sunday?"

However, if you do feel it appropriate to bring up the situation, I would much rather say something like "How are you doing since you left your job?"

We all know the person may have been let go, but you don't need to add salt to the wound, and this shows that you care and are being sensitive.

Remember that etiquette is how you make others feel. Making others feel comfortable by being kind and gracious is always the right thing to do.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

ISTOCK

▶ If someone you know lost their job, try not to draw unnecessary attention to the situation.

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TUESDAY, NOVEMBER 22, 2011

CONTINUING EDUCATION

HEMERA/THINKSTOCK

BCIT can help you fight cyber crime

Graduates of Forensic Investigation Computer Crime program may find work in a variety of professions

DANIEL HENDRIKSEN
FOR METRO

As technology continues to advance, computers have become an integral part of our lives both personally and at work.

Unfortunately, with the wide-spread use of computers and ever-improving technology comes the higher risk of computer-related crimes such as identity theft and different types of fraud. As in all crimes, experts are necessary to help solve them, and the British Columbia Institute of Technology (BCIT) offers a program that provides training specific to this area.

BCIT's Forensic Investigation Computer Crime Option prepares students for a career in fighting computer-related crime by teaching them how to investigate and uncover illegal activities. This involves legal hacking and going through data drives.

Graduates of the program can find employment in a variety of professions, including Computer Forensics Investigator/Examiner, Cybersecurity Analyst, Computer & Information Systems Security Manager, as well as others.

For more info, check out bcit.ca/study/programs/845cbtech.

UBC has program to help you with social media

As social media becomes more and more prevalent in the business world, one can almost not afford to be proficient with the marketing and networking tools available through social media sites.

The University of British Columbia (UBC) has a program called the UBC Award of Achievement in Social Media that focuses on skill development for these online communities. The part-time program consists of several courses, including Social Media Fundamentals, Social Media Strategy and Marketing, Social Media Governance, as well as several others.

Courses are held at UBC's downtown and Robson Square campuses, and take place in the evenings and on weekends.

More information can be found at tech.ubc.ca/social-media/home.html.

UBC also offers test preparation courses for exams required for graduate school programs. The courses are taught by experienced adult educators and will prepare you for exams such as the GMAT, GRE and LSAT. Learn more at cstudies.ubc.ca/test-preparation/index.html.

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Get ahead with SFU

DANIEL HENDRIKSEN
FOR METRO

Working adults looking to get ahead in the business world will find three of Simon Fraser University's (SFU) continuing studies programs that start in January beneficial.

The part-time Certificate in Management program allows participants to take as many courses as their schedule allows en route to their certification. A good first course to take is the Introduction to Business Administration, which starts Jan. 17.

Part-time Certificate in Human Resources Management is a program designed for HR professionals who want to upgrade their qualifications as well as for those pursuing a career the HR field. The first course — Human Resources Management — starts Jan. 18.

Finally, the Public Relations Certificate, which starts Jan. 3, is a nine-week intensive program for those new to the PR industry, as well as PR professionals who want to add formal training to their work experience.

Learn more about these programs at sfu.ca/cs.

Douglas to offer English teaching class

Starting in January, Douglas College will be offering its Teaching English as a Second Language (TESL) program during winter semesters at its Coquitlam campus. The program was previously only offered during the summer.

ISTOCKPHOTO/THINKSTOCK

The curriculum is a one-semester, 15-credit program that provides students with a total of 30 practicum hours (10 spent tutoring and 20 spent observing and teaching in ESL in classrooms.)

To gain TESL certification, students must also complete a bachelor's degree either before or after finishing the program. Upon completion of both their degree and TESL certification, students are qualified to teach English as a second or foreign language to adults in Canada, as well as overseas.

There will be information sessions held at Douglas' New Westminster campus Thursday and Dec. 1, and at the Coquitlam campus Dec. 6. The registration deadline is Dec. 9.

For more information about the program, visit douglascollege.ca/info.

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Learning takes place anytime, anywhere

JON TATTRIE
FOR METRO

The vast expanses of Canada are steadily shrinking for students as online learning streams ever deeper into campus life.

Lori Wallace, dean of extended education at the University of Manitoba, says online learning is booming and becoming an integral part of all courses. Eight per cent of U of M courses are available online and more than 20 per cent of undergrad students took at least one online course last year.

"It's become part of the teaching-learning experience," Wallace says.

At the cutting edge, post-secondary institutes are driving distance learning content from desktops to mobile devices, but there are problems with cramming an entire campus into a handheld device. "How do we design courses that provide the interactivity and rich learning experience that we can provide online on a mobile device? It is increasingly anytime, anywhere," she says.

AU student Salma and daughter in Edmonton, AB

At the same time, continuing education students in the north and remote areas still have weak internet connections and so the course material must work at their speed, too.

Al Brady is the executive director at Ontario Learn, an organization of 22 colleges. He says distance learning has grown by 15 per cent each year for the last few years up to its current roster of 67,000 students taking 1,300 courses in Ontario. Many students are near the physical campuses, but opt for online learning for diplomas or continuing education because of the flexibility.

Brady says colleges are drawing a lot of middle-aged people who were laid off in the recession, or who worry about being laid off in the future, and want to retrain.

The second big contingent is younger students who have a university degree, but find themselves needing more practical skills to land a good job.

"They're often working several part-time jobs as well as going to school, so the classroom doesn't work for them, but online works excellently," he says.

Another trend in distance/online learning is training teachers to take their skills out of the physical classroom and into the virtual. Brady says an unexpected bonus is that students are getting more one-on-one interaction in online courses than they get when in the bricks-and-mortar classroom setting.

Practical courses

For colleges, practical courses are booming. Ontario Learn reports strong growth in nursing, library science and apprentice courses such as electricians. The courses require an in-person element, but much of the work can be done virtually. Organizations like the Canadian Virtual University (cvu-uvc.ca) expand the reach of academic online learning.

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Continuing education vital to vibrant workforce

JON TATTRIE
FOR METRO

A fast-changing and competitive work world means learning must be a lifelong commitment, but Canadians are falling behind the global pack.

Alan Middleton, the executive director at York University's Schulich Executive Education Centre, says continuing education is vital to a vibrant workforce and dynamic economy, but Canada doesn't do a very good job of it. "Canada's figures are miserable," he says.

Middleton cites Conference Board of Canada statistics showing that in 2010, Canada ranked 25th out of 59 countries in the world for commitment to continuing education. China just passed us and India is gaining quickly.

Experts say the lack of regular skills upgrading weakens Canada's ability to innovate. "That's the really bad news," Middleton says.

Some, like doctors and lawyers, need to use their spare time to keep on top of new research and developments, while others must keep up competence as they work their way up a company.

Budd Hall is a professor in the University of Victoria's school of public administration and a former secretary general of the International Council for Adult Education. He says professional development is a big component of continuing education, but so are personal passions.

"We live in a rapidly changing society. There's no way a formal school system can provide enough canned knowledge to last us more than four or five years," he says. "Some of the old jobs are disappearing, so people are having to retool … while they're still employed."

A good plan is to take at least one course a year in your spare time to strengthen your current position or to prepare for a career move.

But it's not always about money.

Hall says many continuing education students are older adults who study in their spare time to nurture a love of the arts or history. Retirement may prove to be the time to finish that novel and a course on writing could take you to the last chapter.

"A lot of people are interested in the history of their community, or having more green spaces in their community," he says, and head to class to learn more.

Commitment

- **The Conference Board of Canada** recently released statistics showing the commitment of Canadian businesses to spending on staff development is shrinking.

The average business spending (in real dollars) on staff training per employee has fallen for two decades:

- 2010 — $688
- 2008 — $811
- 2006 — $912
- 1993 — $1,116

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Aiding the military

BCIT program can enable those returning to civilian life with skills

DANIEL HENDRIKSEN
FOR METRO

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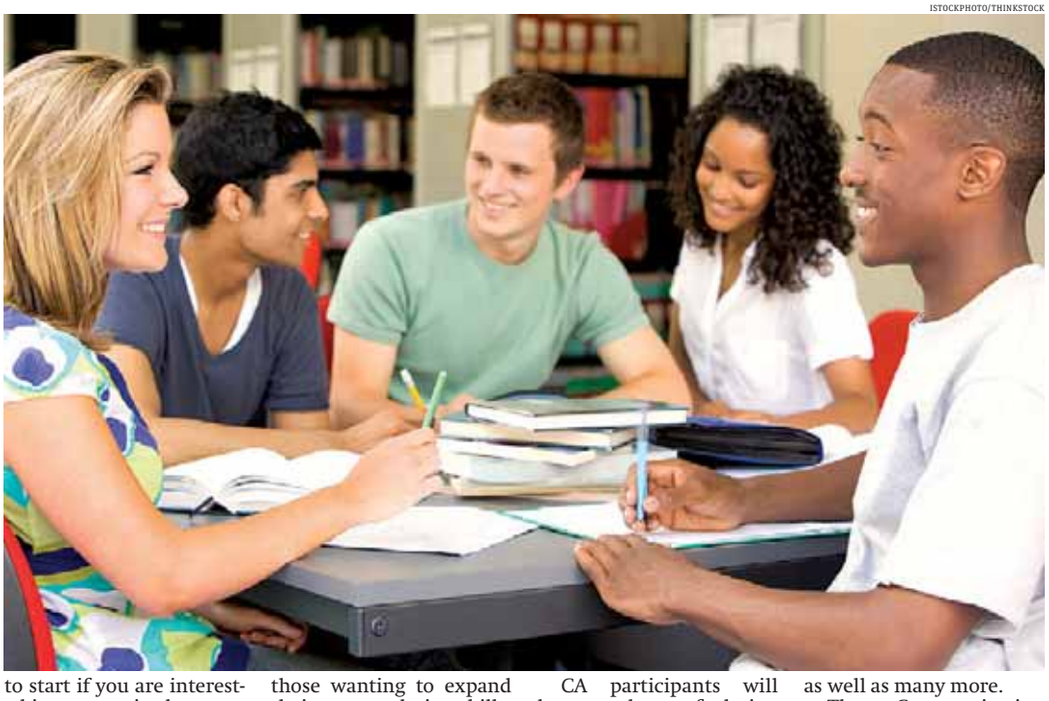

The British Columbia Institute of Technology (BCIT) offers an exciting program for those returning to civilian life after a career in the military.

The Legion Military Skills Conversion Program (formerly known as Reservist Re-entry Program) is designed for both military veterans looking to jump right into a career and those who require more credentials before joining the workforce.

For those looking to be employed right away, BCIT provides free skills translation workshops to help improve resumés and cover letters, as well as personal consultations.

If more education is required, the school has advanced placement programs for those military members meeting the minimum requirements. The programs offer a post diploma in as little as nine months or a degree in two academic years.

Visit bcit.ca/legion/ for more information about the program..

Choose a new career in the design field

Langara College's Communication Arts (CA) Certificate program is the place to start if you are interested in a career in the popular industry of design.

The program is designed for adults choosing to pursue a new career in design field, as well as those wanting to expand their current design skills. Whether you are new to the industry, a recent grad, or already working in the field, the CA program may be for you.

CA participants will learn a host of design skills in both print and digital applications, including layout and composition, usability issues, typography, art direction, as well as many more.

The Communication Arts program is offered in both part-time and full-time options, and all classes will take place evenings and on weekends.

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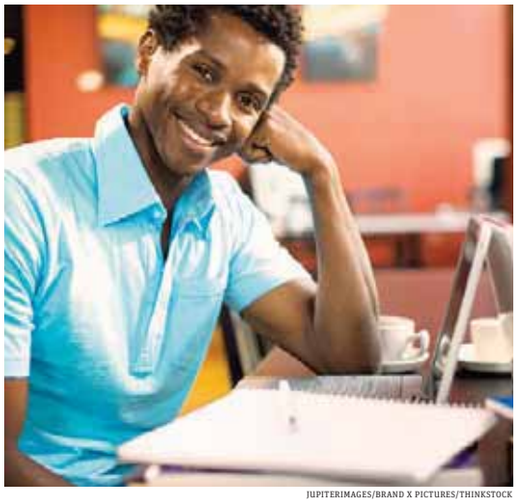
Take a trip to Capilano U for its tourism program

DANIEL HENDRIKSEN
FOR METRO

Those interested in a career in the many fields of tourism will be happy to hear space is still available for January in both the Tourism Management Degree program and the Tourism Management Co-op diploma program at Capilano University.

Students looking to gain the skills necessary for managerial level careers in the tourism industry will find the Bachelor of Tourism Management degree program useful. The curriculum focuses on leadership as well as strategic and business management expertise. Students will also learn necessary industry skills such as marketing research, promotions, product development, tourism policy and planning, and risk management.



JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

The Tourism Management Co-op Diploma program is an accelerated 16-month program, which focuses on marketing, research and entrepreneurial skills. The program is designed to minimize time away from the workforce and features a four-and-a-half month co-op work term.

Meet the new BOSS, not same as the old BOSS

Starting in the new year, Capilano University will be expanding its BOSS Self-Employment Entrepreneurship program into three separate categories.

The Active Pursuit of Entrepreneurial eXcellence (APEX) program is designed for people with three to seven years of business experience, looking for more return on their time, dollar and expectations. The program starts Feb. 23, 2012. Free information sessions start Jan. 9, 2012.

The Self-Employment Entrepreneurship Program (SEP), teaches participants to design, adjust and use their business and action plans, position their distinctive product or service for their target market, and learn to think like entrepreneurs, rather than employees.

The Entrepreneurial Start-Up Program is for those who have always wanted to be their own boss, have a great business idea or a unique product, or have been an entrepreneur in another country and are new to Canada.

For info on these and other continuing studies at Cap U, visit capilanou.ca/ce.

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4 sports

Crosby returns in style

Penguins superstar shows no signs of rust with dazzling four-point performance

GENE J. PUSKAR/THE ASSOCIATED PRESS

▶ Sidney Crosby scores his first goal of the year on his first shot against New York Islanders goaltender Anders Nilsson last night in Pittsburgh.

The Pittsburgh Penguins would have accepted an average Sidney Crosby in his first game in nearly 11 months — a routine performance, a regular night at the office.

Instead, they got the extraordinary.

Crosby scored the game's first goal on his first shot since Jan. 5, scored again in the third period and added two assists during the NHL's most-awaited comeback game since Mario Lemieux's return in 2000 as the Penguins roughed up the New York Islanders 5-0 last night.

"I saw for a few seconds they were a little flat-footed," Crosby said of his first goal. "I was able to get some good speed built up when I got it. I knew I had a chance to go wide."

No one in the hockey world knew exactly what to expect as its biggest star played his first game in 321 days following a prolonged layoff with a concussion that caused him considerable discomfort for months. But few probably expected him to be this good, this fast, this dominant.

This much like the Crosby of old.

Even the score was the same as when Lemieux returned from a 44-month retirement to collect a goal and two assists against the Toronto Maple Leafs on Dec. 27, 2000.

The Penguins, already one of the NHL's top teams, now have a superstar looking just like the player who was dominating the NHL scoring race at this time a year ago, when Crosby was on pace for the league's highest scoring total in 15 years before he was hurt.

Crosby was the fastest player on the ice from the very start of a memorable night.

And who could have scripted this any better — Crosby grabbed a Pascal Dupuis pass in stride on his third shift, accelerated to the net and, while fending off defenceman Andrew MacDonald, lifted a backhander under the crossbar 5:24 into the game. Islanders rookie Anders Nilsson, in his first NHL start, never had a chance.

"I've never been away from hockey for that long, so I'm just excited to play again."
SIDNEY CROSBY, BEFORE LAST NIGHT'S GAME

It never got any better after that for New York, which dropped its 12th game in its last 14 and its 13th in a row in Pittsburgh.

For Crosby, and the first-place Penguins, it couldn't have gone much better.

He also took a few hard hits — the kind that can't be handed out in practice — with Travis Hamonic shoving him in the end boards during the first period. Crosby quickly jumped up, not shaken a bit.

"I was mad at myself for putting myself in that position," Crosby said. "(But) I'm glad I kind of got that over with too early on. There's going to be more hits and probably harder ones."

The standing-room crowd of 18,571 in the Consol Energy Center was predictably loud and supportive, holding up Welcome Back Sid signs by the thousands while chanting "Crosby, Crosby" as a huge No. 87 was displayed on the scoreboard before the opening faceoff.

THE CANADIAN PRESS

Sports in brief

Seattle Mariners outfielder Greg Halman was stabbed to death early yesterday, police said, cutting short the life and career of one of the few Dutchmen to make it into Major League Baseball.

His club and baseball officials hailed the 24-year-old Halman as a man with a passion for the game and for instilling it in youngsters.

THE ASSOCIATED PRESS

Lions get shot at rare Grey Cup achievement

The B.C. Lions will attempt to pull off a rare feat in the Grey Cup.

They are looking to become just the third CFL team in the last 34 years to capture a championship on home turf when they face the Winnipeg Blue Bombers on Sunday.

"It's just exciting to be a part of it," defensive lineman Brent Johnson said yesterday. "A big regret for me, just personally, was never being able to play in 2005 when we had it here. It was one of the biggest regrets in my career and, obviously, I get to put a Band-Aid on that now."

B.C. was beaten in the opening round of the playoffs when Vancouver hosted the championship game in 2005. The 1994 Lions and 1977 Montreal Alouettes are the last teams to win the trophy at home.

The Lions qualified for this title game after starting the season 0-5 before going on an 11-1 run and thumping the Edmonton Eskimos 40-23 in the West Final.

The Blue Bombers are trying to write a worst-to-first story of their own. They earned a Grey Cup berth after going 4-14 in 2010.

Lions centre Angus Reid is especially appreciative of the second chance to win the Grey Cup at home. He was born and raised in Richmond, and will have many friends and family members on hand — if he can get enough tickets — for what might be the final game of his 11-year career.

"It's a dream come true," said Reid. "I had an opportunity here in '05 to do this and we didn't get it done. I've watched the Lions since I was a little kid and, obviously, I've grown up in this city. So to put those two things together, to be able to play for your hometown team in the biggest game that there is to offer in your hometown city, is something that most (players) never get the opportunity to do, and it's a blessing to be able to do it."

THE CANADIAN PRESS

The coach

Wally Buono is seeking his fifth Grey Cup title as a coach, but this will mark the first time one of his teams will play at home in his 22 seasons in charge.

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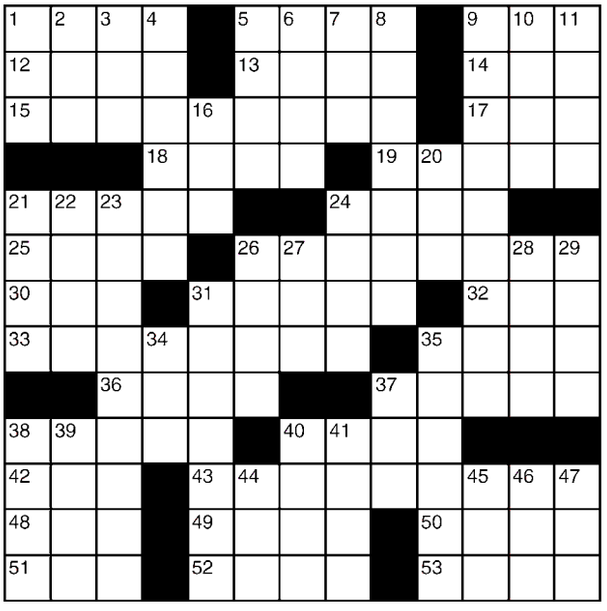
Crossword



Across
1 Perjured oneself
5 Start from scratch
9 Craze
12 Farm fraction
13 Fermi's tidbit
14 Salt Lake athlete
15 Sprout
17 Depressed
18 Elevator name
19 Uncomfortable, as a mattress
21 Denominations
24 "Frasier" actress Gilpin
25 Verifiable
26 Light snowfalls
30 Have a bug
31 Pops
32 Hearty brew
33 Bring to mind
35 Pack cargo
36 Levin and Gershwin
37 Verses
38 Huge mistake
40 Hawaiian island
42 Literary collection
43 End
48 Performance
49 Therefore
50 Two-way
51 Witness
52 Beams of sunlight
53 Read cursorily

Down
1 Trail the pack
2 Lemieux milieu
3 Goof up
4 Remove a stripe, maybe
5 Hindu royal
6 Greek vowels
7 Web address
component
8 Brunch entrees
9 Denounce
10 On
11 Moist in the morn
16 Where — at
20 Spoon-bender Geller
21 Celebrity
22 One of HOMES
23 Reach a peak
24 Carson's predecessor
26 Corn castoffs
27 Rhyming tribute
28 Latch (onto)
29 Stitches
31 "Are You — Than a 5th Grader?"
34 Before
35 Noises
37 — Beta Kappa
38 Sheepish remarks?
39 Formerly
40 Group revelry
41 Andy's pal, on old radio
44 Historic time
45 Arctic diving bird
46 Mai — (cocktail)
47 Shade provider

▶ Yesterday's answer

A	L	T	S	■	S	I	R	■	S	A	G	S		
R	E	L	I	A	N	C	E	■	C	L	U	E		
K	I	C	K	B	A	C	K	■	R	A	R	E		
■	■	■	K	E	G	■	I	C	A	R	U	S		
L	I	M	I	T	■	S	N	O	W	■	■	■		
A	D	A	M	■	P	A	D	D	L	E	S	■		
B	E	Y	■	T	R	U	L	Y	■	W	A	S		
■	S	O	M	E	O	N	E	■	P	E	R	U		
■	■	■	E	R	M	A	■	A	E	R	I	E		
S	A	L	A	M	I	■	O	W	E	■	■	■		
P	L	U	G	■	S	I	D	E	K	I	C	K		
A	O	N	E	■	E	V	I	D	E	N	C	E		
S	E	A	R	■	S	E	N	■	D	A	L	Y		

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku

8			3		2			7
	3		4		1		6	
		7				1		
		3	8		6	2		
9								5
		4	5		3	7		
		6				9		
	7		6		9		5	
1			2		4			3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	5	6	4	1	8	9	3	7
1	8	9	3	5	7	6	4	2
3	7	4	2	9	6	5	8	1
4	1	5	6	7	3	8	2	9
6	9	3	5	8	2	1	7	4
8	2	7	9	4	1	3	6	5
7	6	2	1	3	9	4	5	8
5	3	1	8	2	4	7	9	6
9	4	8	7	6	5	2	1	3

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Stephen, Welcome home!!!! I missed you very much, It's going to be your birthday soon woohooo 20 yrs old wow Where has the time gone, I remember just like it were yesterday you waking up every half hour for something to eat you were alway hungry I guess that hasn't changed Hahaha, I love you Stephen with all my heart. **MOMMY**

Stefan LP, You are the reason I wake up every morning with a smile on my face. Knowing you are there for me is the only thing I need to get me through the day. Everyone doubts this will last; let's prove them wrong! Love you baby! **YOUR BUTTERSCOTCH COOKIE**

Bee, Thanks for the greatest 6 months babe. Your the best and I feel lucky everyday for having you. I love you bee. **RDOMO**

Today 9°/4° Rain 90%
Wednesday 7°/4° Showers 60%
Know what the weather will be 14 days from now.
Check the 14 day trend.
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Today's horoscope

♈ Aries March 21-April 20 What you did before is irrelevant – it's what you do next that counts.

♉ Taurus April 21-May 21 Don't let minor setbacks worry you because overall your prospects are remarkably good.

♊ Gemini May 22-June 21 You can and you must be more open with those you live, work and do business with.

♋ Cancer June 22-July 22 If you can't beat it you might as well enjoy it.

♌ Leo July 23-Aug.23 You have always been adventurous, but over the next few weeks there will be no limits at all.

♍ Virgo Aug. 24- Sept. 22 Don't keep your dreams to yourself – share them with family and friends you can trust.

♎ Libra Sept. 23-Oct. 23 The Sun's change of signs means a change of scene will do you the world of good.

♏ Scorpio Oct. 24-Nov. 22 Your confidence may dip a bit today, but you'll be back to your best very soon.

♐ Sagittarius Nov. 23-Dec. 21 Identify your goal, and soon you will reach it.

♑ Capricorn Dec. 22-Jan. 20 Some kind of hidden knowledge will be revealed to you today and if you are smart you will make good use of it.

♒ Aquarius Jan. 21-Feb. 18 If you make an effort to get out into the world today you may meet someone who inspires you to believe that people are not so bad after all.

♓ Pisces Feb. 19-March 20. Cosmic activity in the career area of your chart means you will enjoy some kind of good fortune on the work front today and, most likely, for the rest of the week.

SALLY BROMPTON

Caption contest

FRANCOIS MORI/THE ASSOCIATED PRESS

LAI SENG SIN/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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As the price of gold reached a record high, the Better Business Bureau warned sellers across B.C. to beware of scammers hoping to rip off people cashing in. Prices for the precious metal have soared over $1,700 an ounce, and BBB President Lynda Pasacreta says that she's seen a corresponding increase in people falling victim to unscrupulous buyers. *"We've noticed that, especially in the online world, people are sending in their gold, and then they're either being disappointed with the price they're being quoted or they're not hearing anything -- [the gold] just kind of disappears,"* she told CTV News. *"The BBB is currently handling 19 complaints against a single gold-buying company in mainland B.C."* There are no complaints about J&M. We are well known to pay the best prices in town.

See the CTV interview online at:
http://www.bullioncoinsandbars.com/article-2011-08-09-bbb.htm

See the Global TV BC segment on record gold prices, including a visit to J&M's Vancouver store at:
http://www.bullioncoinsandbars.com/article-2011-07-18-record.htm

Below is a direct, real comparison of J&M's buying prices with those of a new Vancouver buyer claiming to be the highest buyer

Item/Description	They Pay	J&M Pays
10kt scrap gold, per gram	$17.35	$18.69
14kt scrap gold, per gram	$24.30	$26.26
1 oz. Recognized Gold Bar	$1,603.20	$1,765.08
1 oz. Gold Maple Leaf Coin	$1,686.00	$1,776.12
Sterling Silver, per Gram	$0.58	$0.76
Silver Canadian Coins from 1966 and earlier, per $1 face value	$14.80	$17.42

Canada Collector Coins

1948 $1	$900.00 and up
1890H 50¢	$500.00 and up
1875H 25¢	$200.00 and up
1889 10¢	$350.00 and up
1921 5¢	$4,000.00 and up
1923 1¢	$14.00 and up

Silver Coins *Per $1.00 Face Value*

Canada 1968	$10.63
Canada 1967	$13.58
Canada 1966 and earlier	$17.42
USA 1964 and older	$21.15

Gold Coins and Bars

1 oz. modern, sealed bars	$1,765.08
1 oz gold Maple Leaf	$1,776.12
1 oz. Krugerrand	$1,717.97
Sovereign	$402.33

Silver Coins and Bars

1 oz. silver bar	$33.66
10 oz. silver bar	$339.66
100 oz. silver bar	$3,304.93
1 oz. silver Maple Leaf	$34.01

Scrap Gold *Per gram*

10kt	$18.69
14kt	$26.26
18kt	$33.82

Prices in this ad based on gold @ U$1,729.00 and silver @ U$32.13 and a USD/CAD exchange rate of 1.0241 on November 17, 2011, the day this ad was created.

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